

MOA HAWAI'I
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MOA Wellness Center

Office Hours

Mon-Fri 9:00am-5:00pm

Sat. 9:00am-3:00pm

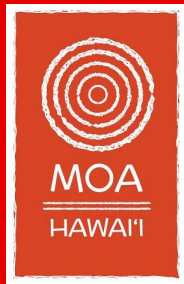
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MOA Hawai'i Newsletter

VOLUME 4, ISSUE 6

JULY 2017

EXECUTIVE DIRECTOR'S MESSAGE

Aloha Everyone,

This month, we will focus on Mokichi Okada's desire to establish healthy communities.

Okada said:

"Japan is a nation of peace. In other words, it is a nation of civilization of beauty—the civilization of art. It is a country which contributes to the enhancement of civilization by completing the creation of such civilization and giving joy to people from all over the world. Therefore, Japan is filled with various conditions such as the scenery. I have been thinking so from before. We will create the prototypes of Paradise on Earth and art museums in Hakone and Atami as a start, and later in Kyoto. I am carrying out this plan because I believe this is the most important matter to proceed for Japan...."

The general public finds joy in low-level materials. They just bring joy and do not have the goal of enhancing people's aesthetic sentiment and character. However, I believe Paradise on Earth is necessary in such fields as

well, so I will create them in the three places in Japan I have pointed out above and in Hawaii, since my movement is expanding in Hawaii. I will also create Paradise on Earth in America. Then, in the world...." (November 11, 1953)

Norman Oshiro
Executive Director

MOA Hawaii Presents:

Healthy Communities

An in-depth discussion on creating healthy communities will be held at the MOA Wellness Center on Wednesday, July 26, 2017 from 9:30-11:00 a.m. Please call 952-6900 to reserve your space.

... learn about Mokichi Okada's philosophy on creating healthy communities

... learn why we should work towards creating healthy communities utilizing the MOA certification system, increasing the number of new therapists, and improving our Purifying Therapy administration power

... learn how MOA Nature Farming is important to promoting Integrative Medicine and creating healthy communities in body and mind



MOA KOHRINKA

MOA Kohrinka flower classes are based on Mokichi Okada's deep respect for the life of flowers and its positive influence on man. He arranged flowers using and expressing the best features found in Nature.

The Kohrinka curriculum stresses three basic concepts:

- 1) Care for the flowers
- 2) Care for the implements
- 3) Etiquette in arranging. The joy of arranging beautiful flowers will enrich your life.

Nuuanu (3510 Nuuanu Pali Drive)

Jessie Nakata

2nd & 4th Tuesday 6:30 pm—8:30 pm

2nd & 4th Thursday 4:30 pm—6:30 pm

Kahala

Karen Takane

2nd & 4th Saturday 9:30 am—12:00 pm

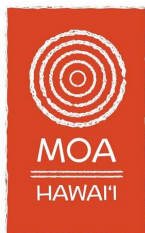
For more information, please contact Arts & Culture Manager, Roy Goshi-Otaguro, at 222-2031.

Cost

- Class Fee: \$10 Per Session (includes flowers)
- \$5 for students under 18 yrs.

New Students

- One time initiation fee to join MOA (\$25)
- Textbooks
- MOA Kohrinka Textbook (\$20)
- MOA Kohrinka Guidebook (\$8)
- Kohrinka Notebook (\$1)



The MOA Supporter System

We cordially invite you to be a part of our MOA Supporter System. MOA Supporters contribute a vital piece to the overall development and expansion of all our outreach and community activities. Together, we will make a difference for the welfare of society.

Questions: please contact us at:
(808) 952-6900 • Email: info@moahawaii.org
Website: www.moahawaii.org

Name(s) _____

Address _____

City _____ State ____ Zip Code _____

Telephone () _____

Fax () _____

Cell Phone () _____

Email _____

TYPE

- \$25 Individual
- \$50 Family (2 or more individuals)

PAYMENT

- Check enclosed
- Charge my credit card
- VISA MC Discover JCB

Name _____

Card no _____

Exp. Date _____

Security code _____

Signature _____

Make checks payable to: **MOA Hawaii**.
Pledges and gifts for higher amounts can be made as monthly or quarterly gifts. Donations to MOA Hawai'i are tax deductible.

ART ADVOCATE CERTIFICATION

This year, MOA is holding intensive study sessions for the younger generation. The Art Advocate Course was held on June 10, the Healthy Food Advocate Course will be held on July 2, and the Purifying Therapy Basic Course on August 5. We hope to educate and foster our future leaders about Okada's philosophies and the wellness programs towards community enrichment of individuals with healthy minds and bodies and to benefit their own lifestyle.

On June 10, Roy Goshi-Otaguro, MOA Arts and Culture Program Manager, conducted a one-day Art Advocate Course for three participants—Karli Hamada, Fay Ichikawa, and Kana Morimoto.



As our life becomes more convenient with the use of smartphones to obtain information, use of google map to find ways to get

to different locations, etc., we are often overburdened with things to do, including heavy workload and family duties. We try to define happiness with material worth. Are we happier today? Are we stressed? During the Art Advocate Course, the participants spent time enjoying art and nature. They spent time feeling their feeling.

The Arts and Culture Program of the Okada Health and Wellness Program is to encounter with beauty and to enjoy beauty. We believe it affects a person's heart positively; and, thus, enriches both mind and body and leads to social health. The participants learned the relationship of beauty to a person's healthy mind and body, as well as how to implement art in one's daily life. MOA believes that 'beauty' is important for us to live a healthy life. Let's promote a life filled with beauty to enjoy our life with 'beauty' and enrich our quality of life and maintain a healthy mind and body.



Comments from the participants:

"The use of flowers as a therapy was new to me. I thought it was good to conduct the flower therapy for each other. It made it easier to understand. It was different from Kohrinka flower classes or the Arts and Culture Instructor class that I took before. The drawing was a good practice and I liked it. We drew what we saw, making us draw and really look at the flower. I liked it and I am open to conducting a workshop or helping with a workshop in the future."

"I really liked it; especially the flower therapy. We did that in Japan so it reminded me of that. I liked it then and I like it now. Drawing is not my favorite thing to do obviously. My picture is not like Fay's and Kana's. They are so good and are used to drawing. I can see why drawing the flower is done though. It makes us really look. I felt that this course was made to better ourselves, then to share to others, get out of ourselves. It was made to encourage us to share what we can do best for others. I am glad I came."

"I liked the course. What we did; study and arrange the flowers was good. I felt more connected in drawing the flower compared to just arranging it and looking. When I drew the flower, I felt the calm of the flower and also felt the energy of the flower."

Instructor Goshi-Otaguro said, "They all did very well in conducting flower therapy for each other. At the end, they did very outstanding pictures of the flowers. This also made teaching them very enjoyable. All three agreed that they will do an art workshop to promote art therapy at the wellness center as newly certified MOA Art Advocates toward healthier community enrichment."

If you are interested in taking the Art Advocate Course or any other MOA Certification Courses, please call 952-6900.

OPT CONTINUOUS EDUCATION

Level I (Basic Therapist) Course
Monday, July 17 - 3:00 p.m.
Wednesday, July 19 - 9:30 a.m.

OPT CONTINUOUS EDUCATION

Level II (Intermediate Therapist) Course
Monday, July 10 - 9:30 a.m.
Wednesday, July 12 - 6:30 p.m.
Friday, July 14 - 9:30 a.m.
Saturday, July 15 - 1:00 p.m.

**HIROSHIMA-STYLE OKONOMIYAKI
COOKING CLASS**

**Monday, July 3
12:00-2:00 p.m.**

**Friday, July 7
5:30-7:30 p.m.**

\$10 - MOA Members
\$15 - Non-Members
Maximum 12 per class

Call - 952-6900 to register and for information

Okada Health and Wellness Programs

July 8 (Saturday) – 12:00-3:00 p.m. - Valley of the Temples Byodo-in
July 10 (Monday) – 8:30-10:30 a.m. - Pearlridge Center-Uptown
July 24 (Monday) – 8:30-10:30 a.m. - Pearlridge Center-Uptown
July 5, 12, 19, 26 (Wednesday) - 8:30-10:30 a.m. - Kaneohe Community Center



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